

“Mental and Emotional Health and Wellbeing Perspectives” Balens 2021 CPD Conference

Thursday 20th May 2021 – Webinar via Zoom



09.30 – 09.45 **David Balen - *Welcome & Introduction - Aims and Objectives of the Day***
Chairman - Balens Ltd

09.45 – 11.00 **Dr Rosy Daniel - *Mapping the Mental Health Territory***
BSc MBBCh Health Creation Consultant

Mental health issues are by far the largest group of illnesses within society today and as complementary practitioners we must know how to recognise what our clients are dealing with, what help we can provide within our own modality, and how, and when, to refer those with mental health conditions into psychiatric, community and social care services.

Dr Rosy Daniel will map the mental illness territory for us, explaining the key symptoms of the major mental illness and the range of needs people have in body, mind and spirit when experiencing them. Of key relevance is how we differentiate between psychosis and spiritual awakening and learning how to transform breakdown into breakthrough. Rosy will help define the boundaries for when referral is needed and how this is done. Added to this she will touch into the impact on us of working with those in psycho-spiritual crisis and how we need to look after ourselves when working in this field.

11.00 – 11.15 Refreshment Break

11.15 – 12.30 **Dr Michael Dixon – *Mental Health – a case for integration: why, what and how this may work in practice, with social prescribing as an accelerator***

LVO, OBE, MA, FRCGP, FRCC chair of the College of Medicine and chair for the Institute for Social Prescription. Dr Dixon is a visiting professor at UCL and Westminster University, also an Honorary Senior Fellow in Public Policy, HSMC, Birmingham University, and Medical Advisor to HRH The Prince of Wales

Dr Michael Dixon will discuss current approaches in mental health and why an integrated approach is necessary. He will map out how an integrated mental health service might look, illustrating this with pictures from his own integrated GP practice in Devon. Dr Dixon will also explain the new opportunities presented by social prescribing and personal budgets and how Health and Wellbeing practitioners will need to adapt to this new and more CAM friendly environment.

12.30 – 13:30 Lunch

13:30 – 14.00 **Hannah Volpe – *The Legal Bit: Vulnerable Patients, Consent and Psychiatric Injuries***
Partner at DAC Beachcroft LLP

Hannah Volpe will talk about legal responsibilities when treating vulnerable clients, including the taking of appropriate explicit or implied consent to treatment. She will also look at examples of cases involving claims for psychiatric injury.

14.00 – 15.00 **Helen Wadley – *Current Trends within Mental Health and Wellbeing - and how Health and Wellbeing Professionals might relate to them***

CEO of Birmingham Mind, Helen currently chairs the Supporting People Mental Health Forum and is also the elected Third Sector Representative within the Mental Health Governance structure in Birmingham. Helen is a passionate advocate that the third sector is a key part of the jigsaw within Mental Health and Wellbeing provision.

The presentation aims to give a flavour of current trends in mental health and wellbeing as seen through the experience of a large local Mental Health charity which has constantly evolved to meet new challenges and commissioning frameworks. Birmingham Mind works with a range of smaller community organisations and independent providers as well as its formal partnerships with the NHS.

15.00 – 15.15 Refreshment Break

15:15 – 16:15 **Rob Verkerk, Meleni Aldridge & David Balen – *Update on the Hawthorn Health Tracker App***

16.15 – 17.00 **Q & A Panel Discussion – *with most lecturers from the day***

17.00 Close

Event Details:

Date: Thursday 20th May 2021

Timings: 09:30 – 17.00

Venue: Zoom online webinar platform

Cost: £34.50 to include 6 hours learning with others – Certificates of Attendance will be available upon request.

Bookings: To be made via Zoom webinar link.

Tickets: Your webinar invitation will be emailed to you.

Cancellation: In the event you are unable to attend the CPD event there is a refunds policy in place:

- 12 weeks prior the event date full refund – less 10% administration / handling fee
- 6 weeks prior to the event date – 50% refund - less 10% administration / handling fee
- 4 weeks prior to the event date 25% - less 10% administration / handling fee

After this date no cancellation refunds will be given, but a credit towards the 2022 CPD event will be issued at the discretion of the management.

Contact us: We trust that the event will be a successful and positive experience. Should you have any questions, please do not hesitate to contact us at events@balens.co.uk or telephone **01684 898 995**.

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